

# Connecting Family and Professional Caregivers to Resources

Stroke Survivors and Caregivers Conference

May 6, 2016

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- **Requirement of Learner**

Participants requesting continuing education contact hours or a certificate of attendance must 1. register for the event, 2. attend the entire session, and 3. complete evaluation before leaving the conference.

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# Life after Stroke

- Recovering from a stroke is a full-time job
- New medical, physical, mental, social, financial needs
- Ripple effect through immediate and extended family

# History

- Pre World War II
  - Brain static after childhood
  - Stroke => death sentence
  - Bed bound
  - Endured complications
    - Ulcers, infections, blood clots, muscle spasms, contractures, 2<sup>nd</sup> stroke



# Natural recovery

## THE RESTORATION OF MOTOR FUNCTION FOLLOWING HEMIPLEGIA IN MAN

BY

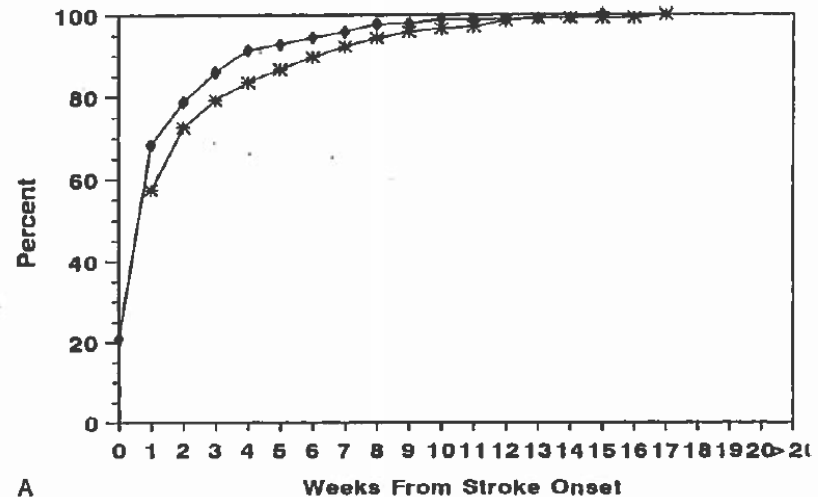
THOMAS E. TWITCHELL



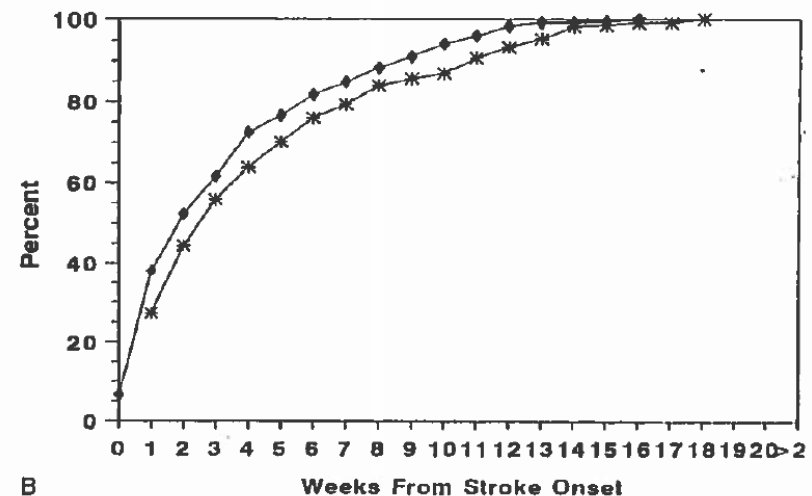
Boston 1951

# Timing of Recovery

- Framingham:
  - Motor recovery greatest in 1<sup>st</sup> 3 months
  - Cognitive improvements seen up to 6 months
- Copenhagen study:
  - Varied 3 to 20 weeks
  - Most severe strokes plateau at 5 months.



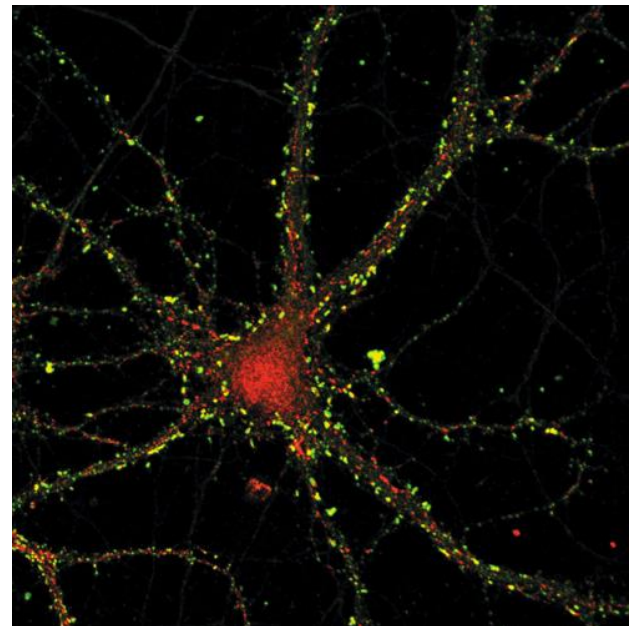
A



B

# Neuroplasticity

- Brain's ability to reorganize and create new synapses
- Cortical remodeling
- Vital for motor recovery
- Requires intensive Task specific training
- Recovery can occur well after 6 months



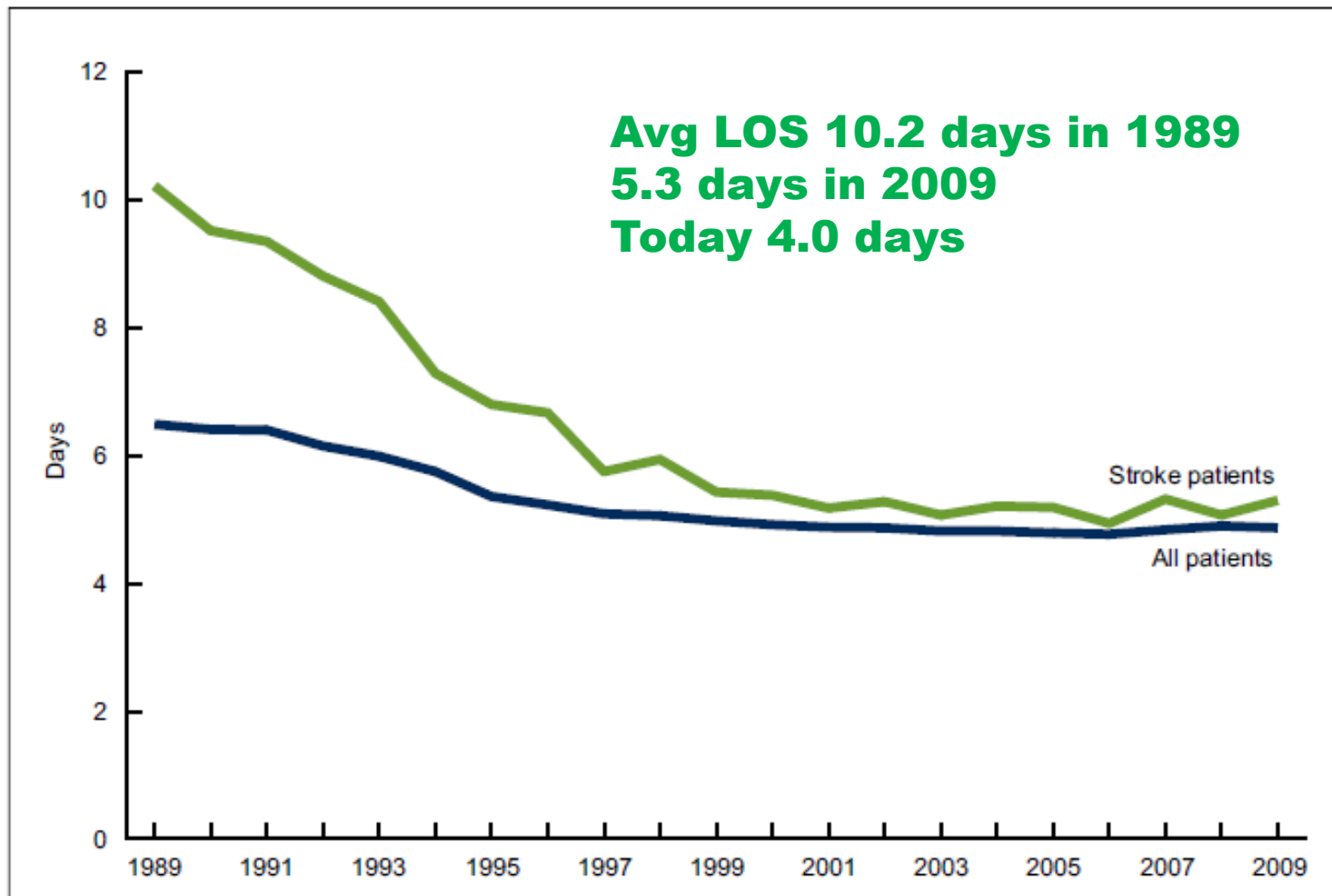
# Barriers to Recovery

- Shorter Rehab LOS
- Uninsured/insured
  - Out of pocket expense
- Denial of higher levels of care
- Geographic Limited Access
- Quality of Rehabilitation services vary across the system
- Regulations
- Environmental barriers
- Limited Family support



# Average Acute hospital length of stay

Figure 3. Average length of stay for hospitalizations for stroke: United States, 1989–2009

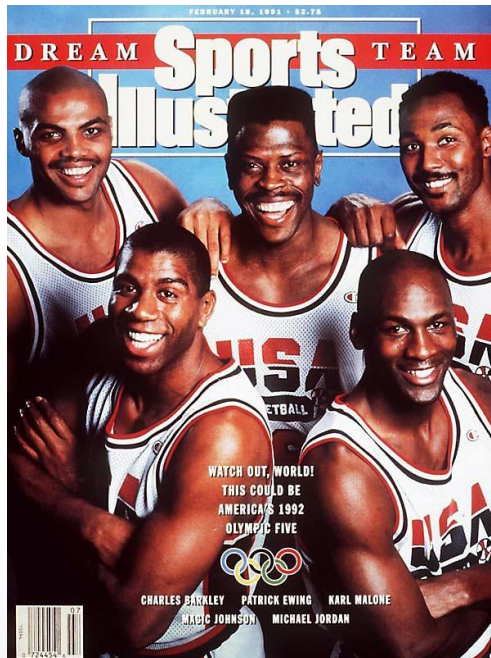


NOTE: A significant linear trend was observed from 1989 to 1999 for all and for stroke inpatients.

SOURCE: CDC/NCHS, National Hospital Discharge Survey, 1989–2009.

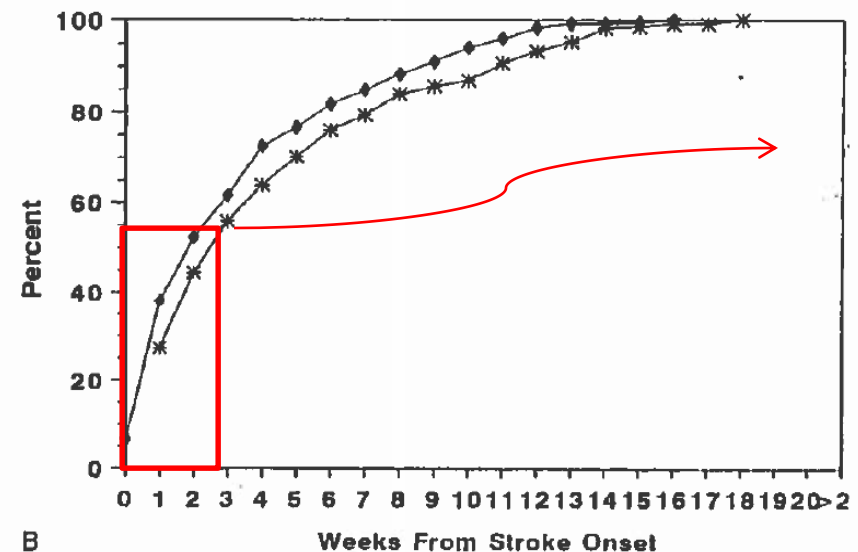
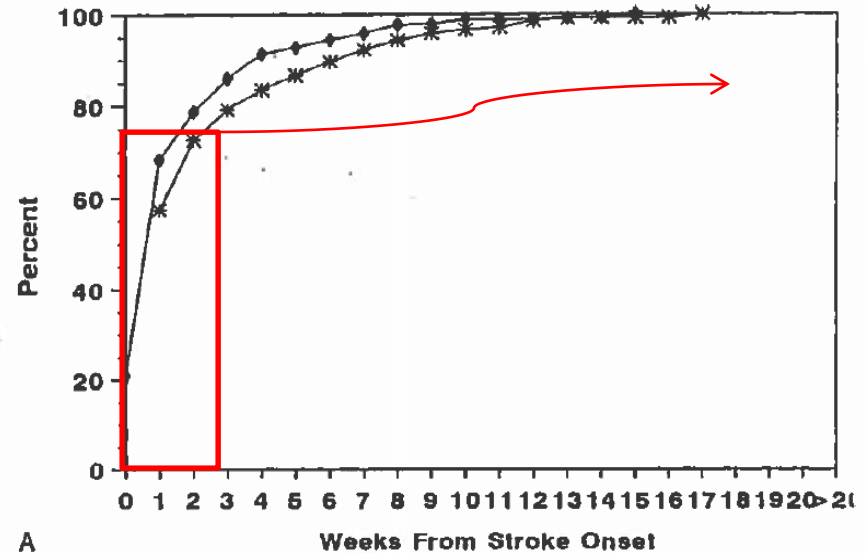
# 1992

- Mean Acute LOS = 10 days
- Mean Rehab LOS= **87** days

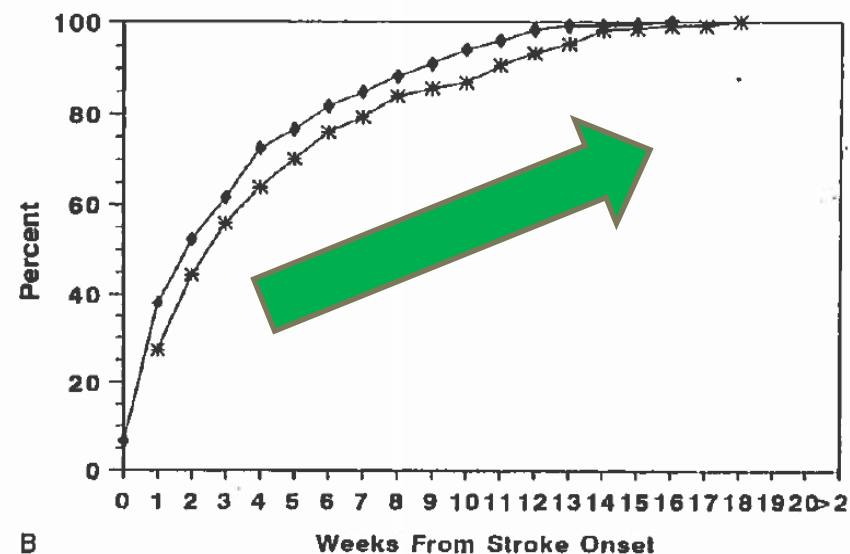
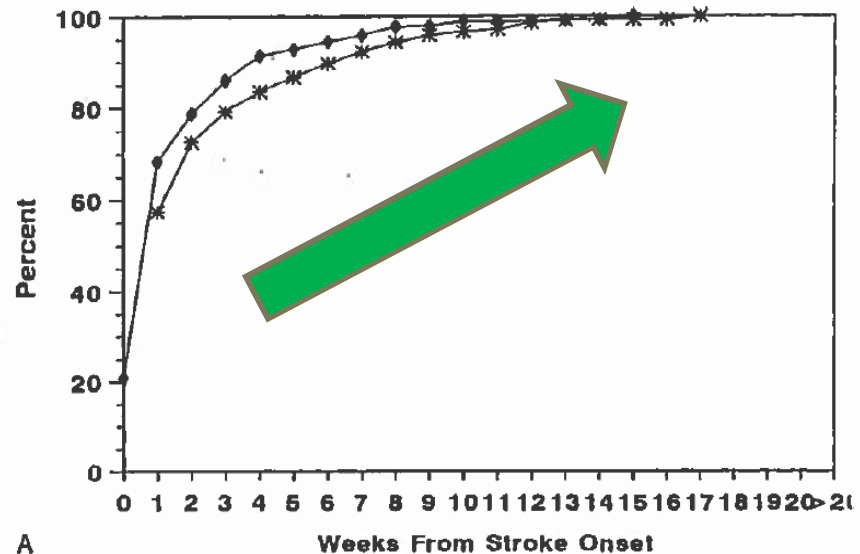


# 2016

- Mean Acute LOS < 4 days
- Mean Rehab LOS= **16.5** days



- Shifting care to the outpatient setting
  - Less intense therapies
  - Increased demands for family support structure



# Reaching potential

- Early treatment
- Maximizing intensive therapies
- Prevention of recurrent strokes

# Maximizing Intensive therapies

- Acute Inpatient Rehab
- Post Acute Rehab
- Day program
- Home health
  
- Daily therapy
- Months or Years

Limits  
2-3x per week  
Annual caps

# Compensatory strategies out of pocket

- Equipment
- Home modifications
- Family training
- Vocational rehab
- Neuropsychological
- Driving evaluations
- Neuro-optometry

# Resources

- [St. David's Rehabilitation](#)
  - Neurologic Day Program
  - Adaptive Driving Program
  - Aquatic therapy
  - Vestibular therapy
  - **(512) 544-5116 option 4**
- [Rehab Without Walls](#)
  - **(866) 734-2296**
- [Stroke Support Groups](#)

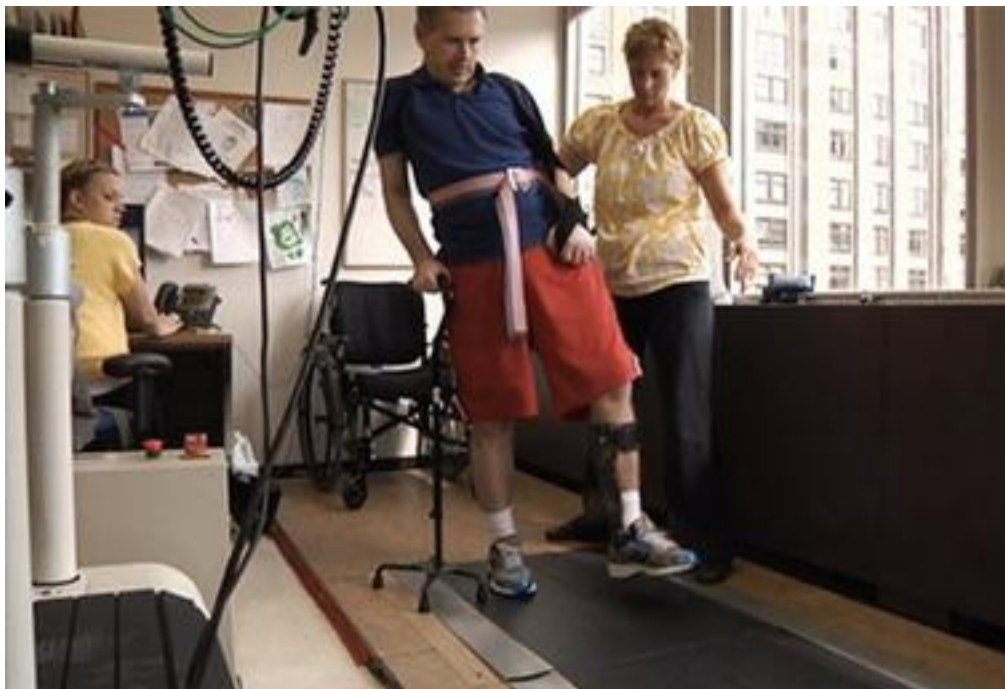


# Resources

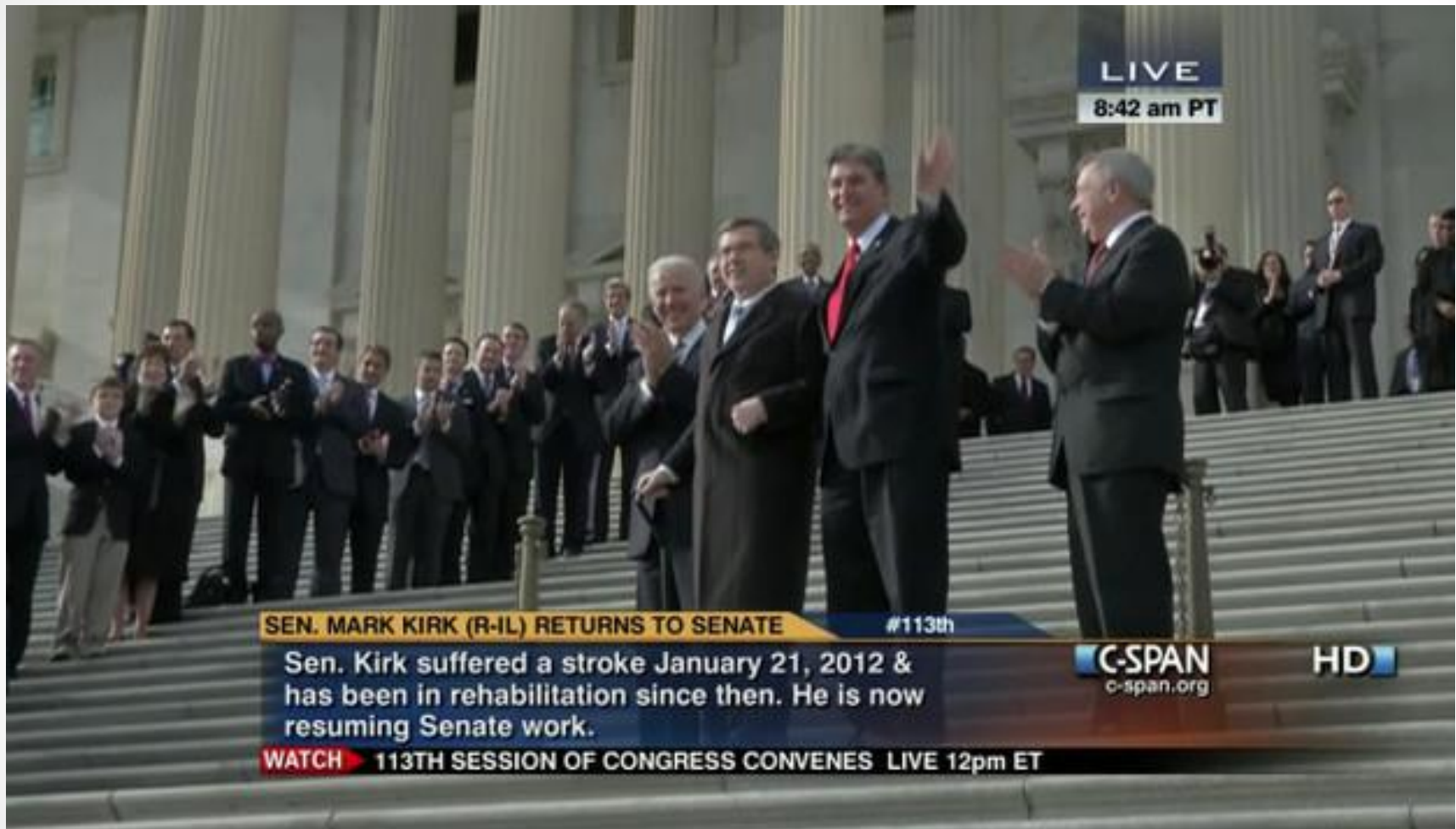
- **Easter Seals/St David's Foundation: LIFE Center Fit ability program**
  - 8505 Cross Park Drive, Ste. 120
  - contact Jeff Hammen, LIFE Center Program Manager
  - **512-615-6814** or [jhammen@eastersealstx.org](mailto:jhammen@eastersealstx.org).
- **Seton: Spinal Cord Injury Fitness Center**
  - Brackenridge Hospital 1<sup>st</sup> floor
- **Austin Speech Labs**
  - Nonprofit organization that provides intensive speech and cognitive therapy
  - 7800 Shoal Creek Blvd, Suite 136 - S
  - **(512) 992-0575** or [staff@austinspeechlabs.org](mailto:staff@austinspeechlabs.org)
- **Personal therapist or Texas State therapy students**
- **UT Austin Research Studies**

# Resources

- [Austin Rehabilitation Specialists](#)
  - Medical Office Building
  - 3000 N. IH-35, STE 660
  - **(512) 236-1310**



Images from Associated Press



**SEN. MARK KIRK (R-IL) RETURNS TO SENATE**

#113th

Sen. Kirk suffered a stroke January 21, 2012 & has been in rehabilitation since then. He is now resuming Senate work.

**C-SPAN**  
c-span.org

**HD**

**WATCH** 113TH SESSION OF CONGRESS CONVENES LIVE 12pm ET

Permission granted by the office of Senator Kirk